

College Student Health Guide - Extended Edition

This guide provides quick doctor-style questions, medicine suggestions, and care steps for common health problems faced by college students. Always consult a doctor for severe or persistent symptoms.

Fever

Doctor Questions: Is it high (above 102°F) or low (below 101°F)? Any chills, sore throat, or body ache?

Medicine Suggestion: Low: Take paracetamol 500 mg after food every 6–8 hours if needed. High: Same + sponge forehead with lukewarm water.

Care Steps: Drink warm water, eat light meals, rest well, monitor temperature twice a day. See a doctor if it lasts more than 2 days or worsens.

Cold & Cough

Doctor Questions: Do you have runny nose, blocked nose, or sore throat? Any fever?

Medicine Suggestion: Take antihistamine (cetirizine 10 mg) at night for runny nose. For cough, use cough syrup as per label instructions.

Care Steps: Drink warm fluids, gargle with salt water, inhale steam twice a day. Avoid cold drinks.

Headache

Doctor Questions: Is it one-sided or both sides? Any nausea or vision problems?

Medicine Suggestion: Take paracetamol 500 mg after food if mild. Avoid strong painkillers without prescription.

Care Steps: Rest in a dark, quiet room, stay hydrated, avoid phone/laptop strain. See a doctor if sudden or severe.

Stomach Ache

Doctor Questions: Is pain mild or severe? Any vomiting or diarrhea?

Medicine Suggestion: Take antacid if burning sensation, or ORS if diarrhea. Avoid spicy food.

Care Steps: Eat bland food, drink clean water, rest. See a doctor if pain is severe or persistent.

Stress / Overthinking

Doctor Questions: How long have you felt this way? Any trouble sleeping or concentrating?

Medicine Suggestion: No medicine for normal stress; use relaxation techniques.

Care Steps: Do breathing exercises, take breaks, talk to friends, avoid excess caffeine. Seek counseling if severe.

Sore Throat

Doctor Questions: Do you have difficulty swallowing, fever, or swollen glands?

Medicine Suggestion: Take warm salt water gargles twice a day. Paracetamol 500 mg for pain if needed.

Care Steps: Drink warm fluids, avoid spicy and oily food, rest voice. See a doctor if white patches appear on throat.

Diarrhea

Doctor Questions: How many times have you passed loose stools today? Any fever or blood in stool?

Medicine Suggestion: Drink ORS after every loose stool. Avoid anti-diarrheal unless prescribed.

Care Steps: Eat bland food (banana, rice, apple, toast), stay hydrated. See doctor if lasts more than 2 days or with high fever.

Constipation

Doctor Questions: How many days without passing stool? Any abdominal pain or bloating?

Medicine Suggestion: Increase fiber intake and drink warm water. Mild laxatives if prescribed.

Care Steps: Eat fruits, vegetables, whole grains, and stay active.

Back Pain

Doctor Questions: Is the pain after sitting long or lifting heavy? Any numbness in legs?

Medicine Suggestion: Take paracetamol 500 mg for pain. Apply warm compress on affected area.

Care Steps: Maintain good posture, stretch daily, avoid heavy lifting.

Acidity

Doctor Questions: Do you have burning sensation in chest or stomach after eating?

Medicine Suggestion: Take antacid tablets/syrup after meals.

Care Steps: Avoid spicy food, coffee, and late-night meals. Eat small frequent meals.

Allergy (Skin)

Doctor Questions: Do you have itching, redness, or rash? Any swelling or breathing difficulty?

Medicine Suggestion: Take cetirizine 10 mg at night for itching.

Care Steps: Avoid known allergens, keep skin clean, use mild soap. Seek emergency help if breathing trouble occurs.

Eye Strain

Doctor Questions: Do you have redness, burning, or blurred vision?

Medicine Suggestion: Rest eyes for 5–10 mins every hour. Use lubricating eye drops if needed.

Care Steps: Follow 20-20-20 rule (every 20 mins, look 20 ft away for 20 seconds). Reduce screen brightness.

Sprain / Strain

Doctor Questions: Is there swelling, bruising, or difficulty moving?

Medicine Suggestion: Rest, ice, compression, elevation (RICE method).

Care Steps: Avoid putting weight on injured area. See doctor if severe pain or deformity.

Dehydration

Doctor Questions: Do you feel dizzy, tired, or have dark yellow urine?

Medicine Suggestion: Drink water or ORS immediately.

Care Steps: Avoid excessive caffeine/alcohol, drink 2–3 liters water daily, especially in heat.